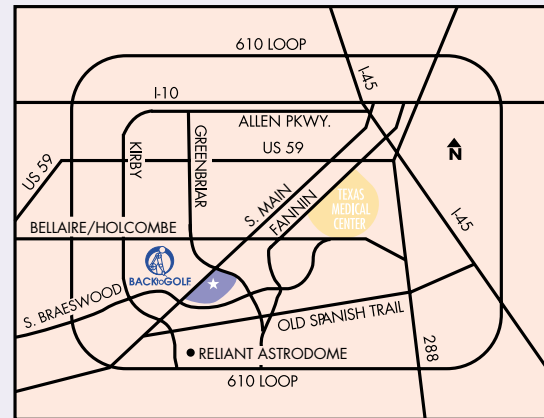




### Why Would I Select The BacktoGolf Program?

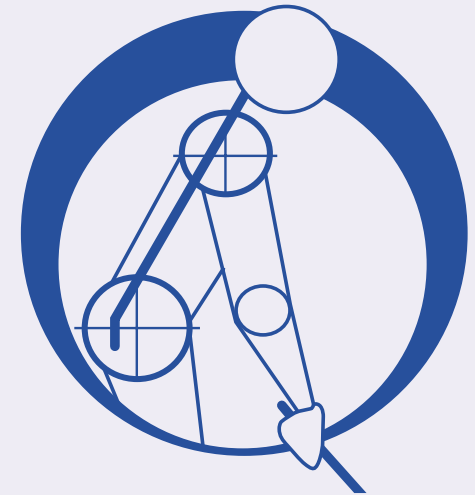
- Our Program specializes in performance and golf rehabilitation. It is staffed by physical therapists who have many years of experience in the sports medicine field. These therapists are golf enthusiasts as well as students of the game.
- Our facilities are state of the art, utilizing computerized multi-view video analysis in a comfortably air-conditioned golf hitting room.
- You will be provided with a video of your golf swing to take home and study at your convenience or with your golf professional.
- You will receive an individualized exercise program, utilizing innovative techniques to target your weaknesses.
- You will learn exercises and drills frequently used by PGA and LPGA professionals.



**Come Visit Us!**

TEXAS ORTHOPEDIC HOSPITAL  
 7401 S. Main  
 Houston, Texas 77030  
 713-794-FITT  
 713-794-3587 Fax

# BacktoGolf Houston Performance Center



*A National  
 Sports Medicine  
 and  
 Swing Enhancement  
 Program*

**B**acktoGolf Houston Performance Center is located in Texas Orthopedic Hospital at the corner of Main and Greenbriar. The Facility provides individualized programs to enhance your golf swing and improve your game.



### **What is "BacktoGolf?"**

BacktoGolf is an advanced, biomechanically-based golf performance program that has been developed to increase the fitness level and golf performance of healthy and injured golfers. The Program incorporates exercises and drills designed to promote the flexibility, strength, balance, and coordination needed to improve your swing. These drills are developed and implemented to target your body's weaknesses and meet your specific goals. The results are dramatic – greater distance, improved accuracy, and a better, healthier golf game with little or no pain.

### **Programs offered include:**

- 1 session "Swing Evaluation" - \$100
- 3 session "Swing Fit" - \$150
- 8 Session "Performance Program" - \$375

Please call us for details! 713-794-FITT

### **What does the Evaluation include?**

Our BacktoGolf certified physical therapist performs a complete evaluation of your strength, flexibility, coordination, and balance, followed by a computerized analysis of your golf swing. The therapist uses the information provided from your evaluation to customize a program that helps you improve your overall fitness and your swing.

### **What does the Program include?**

- Biomechanical analysis of the golfer's swing, incorporating video analysis;
- Identification of biomechanical limitations in the golfer's range of motion, strength, flexibility, and balance that are contributing to poor swing mechanics or pain;
- Golf-specific physical therapy techniques, including hands-on mobilization and stretching;
- Individualized exercises to improve golf function and relieve pain while focusing on the golfer's specific goals;
- Incorporation of spinal stabilization techniques into the golf swing;
- Integration of the Program with your golf professional to improve your swing mechanics.



### **FAQ's (Frequently Asked Questions)**

#### **Do I have to be injured to attend the Program?**

No, we work with both healthy and injured golfers. Golf performance and rehabilitation is our specialty.

#### **Do I need to be a member of a gym to benefit from the Program?**

No, we can tailor workouts to the gym or home environment.

#### **What if I already have a golf pro or personal trainer?**

We will contact your golf pro/personal trainer at your request and work in conjunction with them to improve your game. **THERE IS NO EXTRA CHARGE FOR THIS SERVICE.**

#### **What are the qualifications of the BacktoGolf instructors?**

They are licensed physical therapists who have attended and been certified in the BacktoGolf training program and regularly attend related continuing education courses.

#### **How do I schedule an appointment?**

Please call 713-794-FITT. We have a wide range of appointment times designed to fit your schedule.